



Zesty Broccoli and Cauliflower Salad

Time: 30 Minutes

- 2 cups fresh broccoli florets
- 2 cups cauliflower, chopped
- 1 red onion, sliced in rings
- ½ cup zesty Italian dressing
- ¼ cup sunflower seeds (optional)

In a mixing bowl, add the broccoli, cauliflower, onions and dressing. Toss, cover and refrigerate for 20 minutes or more. Sprinkle with sunflower seeds (optional) before serving.

From allrecipes.com



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Chicken and Nectarine Lettuce Cups

Time: 30 Minutes

- | | |
|--------------------------------------|-----------------|
| 2 cups cooked and shredded chicken | 2 nectarines |
| 1 jalapeño pepper, seeded and minced | 1-2 limes |
| ¼-½ cup sliced red onion | Vegetable oil |
| 8-10 large pieces living lettuce | Smoked paprika |
| | Salt and pepper |

- 1) Rinse the living lettuce so it can dry as you prepare the filling.
- 2) In a large bowl, whisk 2 Tbl. lime juice, 1 Tbl. vegetable oil and ½ tsp. smoked paprika. Add salt and pepper to taste.
- 3) To the same bowl, add the shredded chicken, thinly sliced nectarines, sliced red onion and minced jalapeño. Stir everything together well and divide among the lettuce cups.

You can save the leftovers for the next day, but by the 3rd day, the nectarines will start to get soft.

From sarasavoritethings.com



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